



ROLE OF NASYA IN THE MANAGEMENT OF ASRGDHARA WITH RESPECT TO HORMONAL IMBALANCE - A REVIEW ARTICLE

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ABSTRACT

As per Ayurveda *Rakta pradara* or *Asrgdhara* is considered as prolonged or excessive menstruation with or without intermenstrual bleeding. About 30% of women in their reproductive age group have suffered from this condition. There are various treatment modalities explained in our classics for the treatment of *Asrgdhara*. *Nasya* is one of the panchakarma procedure said to remove *dosas* from *Urghwabhaga*. Drugs given for *Nasya karma* will directly act on the CNS system thus regulating the HPO Axis and helping to maintain the normal mechanism of menstruation. *Satapuspha* is a drug rich in phytoestrogens, the precursor of oestrogen hormone necessary for the normal reproductive functions in the female body.

Keywords: *Rakta pradara*, *Asrgdhara*, *Nasya*, *Satapuspha taila*.

INTRODUCTION

Menorrhagia a sort of abnormal uterine bleeding is a major problem or symptom affecting about 30% of women of reproductive age. According to a WHO report 18 million women aged 30-55 years are being suffered from this disorder^[1]. It can be described as

Menstruation at regular cycle intervals but with excessive flow and duration. There will be greater than 80 ml blood loss during Menstruation and with increase duration. It may cause iron deficiency anaemia in 2\3rd of the women^[2].

Causes can be broadly classified as

Extra Pelvic

- + Purpura
- + Hypothyroidism
- + Hyperthyroidism

Pelvic

- + Fibroids
- + PCOS

- + PID
- + Genital TB
- + Endometriosis

DUB

The dysfunctional HPO Axis constitutes about 80 % of the cause of Menorrhagia, between the age group of 20-40 years^[3].

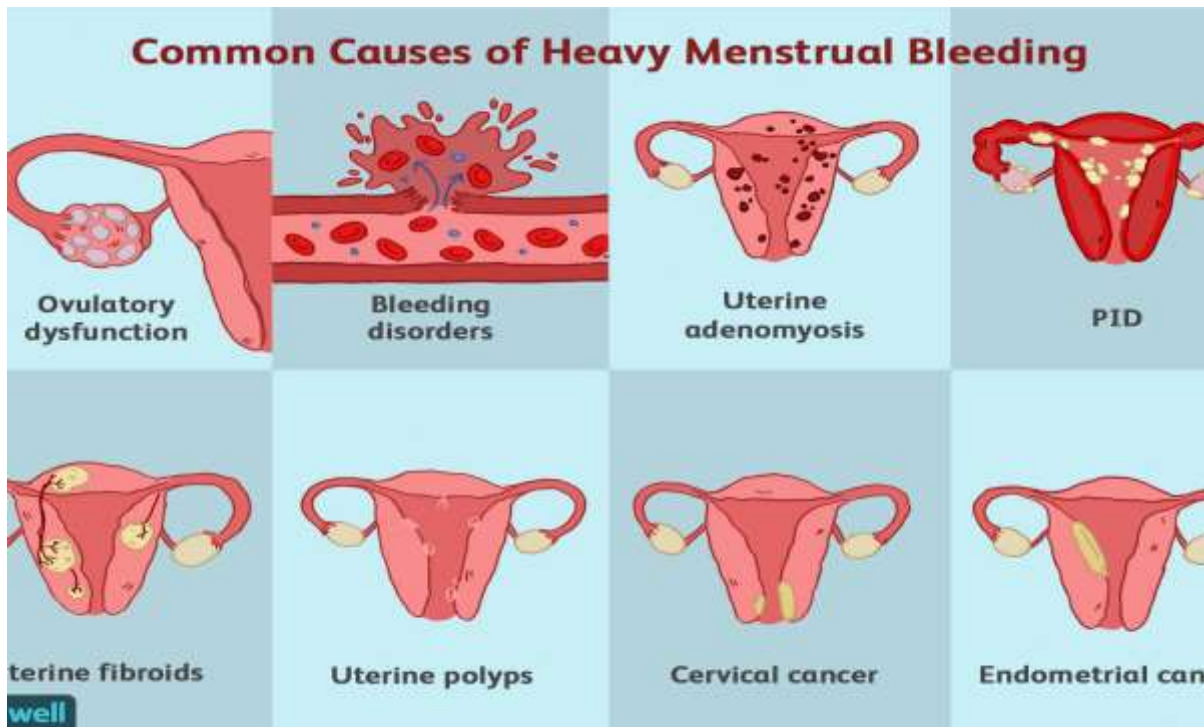


Fig No: 1 Causes of Menorrhagia

Pathogenesis:

+ **Anovulatory:**

Endometrium produces Prostaglandin from Arachidonic acid. Among its **PGE2** and **PGI2** are vasodilators and antiplatelet aggregators. **PGF2** is a vasoconstrictor, and the main cause of its production is a decline in Progesterone levels in the body. During the anovulatory phase like puberty, premenopausal time there will not be any progesterone production, so no **PGF2** and which leads to menorrhagia.

+ **Ovulatory:**

Due to Corpus luteal defect, there will be a lack of Progesterone, which may cause Menorrhagia^[4].

Investigations:

- + TC, Hb, Platelet count

- + Endometrial biopsy, Hysteroscopy, Transvaginal Ultrasonography.
- + Hysterosalpingogram^[5].

Treatment:

It depends on the

- + Age of the patient
- + Degree of Anaemia
- + Underlying pathology

Mainly includes

- + Hormonal or Conservative therapy [mainly for young girls]
- + NSAID
- + Antifibrolytic agents
- + Endometrial Ablation\ Resection
- + Hysteroscopy^[6]

Ayurvedic Corelation:

Menorrhagia can be corelated to *Asrgdhara* in Ayurveda, which was explained by almost all Acharyas.

“*Raja Pradiryatae*”- *Ch.Chi*. So called as *Rakta Pradara*

“*Asrigdhar*”- Sar.Sam, Bhavaprakasam, Yogaratnakara.

Samanya Hetu:

As per *Charaka Acarya*,

- + Increase intake of *Amla, Lavana, Katu Rasa*
- + *Gramya Anupa Mamsa*
- + *Krisara, Dadhi, Payasam*.

As per *Haritha Samhitha*,

Due to *Pitta Avarana of Apana*

As per *Bhela Samhitha*,

Poorana of Ksiranadhi of Vandhya with Vata [7]

As per *Kasyapa Samhitha*,

- + *Pitta Avritha Apana*
- + *Ativridhi of Rakta*.

As per *Madhava Nidana, Yogaratnakara*,

- + *Virudhanna*
- + *Garbhapata*
- + *Atimaitihuna*
- + *Atikarsana*
- + *Soka* [8]

As per *Susrutha Samhitha*,

It's one of the disorders of *Raktha*

Samprapthi:

According to *Acarya Charaka*, aggravated *vata* increases the amount of *Rakta* and reaches the *Rajovahi Dhamani* and causes an increase of *Raja*.

Samanya Lakshana:

- + **Charaka:** Excessive Vaginal Bleeding
- + **Susrutha:** Excessive bleeding even in Inter-menstrual periods
- + **Bhavaprakasam, Yogaratnakara, Madhava Nidana-** Same as that of *Susrutha Samhitha*.
- + **Astanga Samgraha:** Excessive bleeding during the menstrual or intermenstrual period [9].

Classification:

Charaka: *Vata, Pitta, Kapha*

Almost all *Acaryas* are describing four types including *sannipata*.

Rakta Pradara can be seen as a symptom in the following conditions also,

- + *Putraghni*
- + *Rakta Yoni*
- + *Apraja* [10]

Treatment:

Same as that of

- + *Rakta Atisara*
- + *Rakta Arsas*
- + *Rakta pitta- Ch. Chi*
- Niruha Basti- Sarngadhara Samhitha*
- Virechana- Acarya Kasyapa*.

Yogas useful:

- + *Pradararipu Rasa*
- + *Bola Parpati*
- + *Chandraprabha vati*
- + *Goksuradi Guggulu* [11]

PANCHAKARMA -THE ELIXIR OF LIFE

Ayurveda is a science and art of appropriate living which helps to achieve longevity [12]. *Panchakarma* is a bio cleansing mechanism to eliminate toxic elements from the body [12]. This therapy eradicates disease permanently and leaves no chance of relapse. Reference for that can be traced back from the Vedic era itself [13]

Mantras in *Rigveda* where the eradication of *Roga* from the nostrils, chin, head must be most probably the *Nasya* therapy. *Vinayapidika* of Buddha period mentions on *Svedana, Raktamoksana*. Also, in Mesopotomia, Greek, and Persia, various *panchakarma* procedures like *Vamana, and Virechana* were practiced. The book "The Golden Age of Greek Science" mentions about Vomiting has to be done in Winter and Enema in Summer [14]

In Ayurveda, mainly treatment procedures can be broadly classified as *Samana* and *Sodhana*. *Panchakarma* procedures remove the *Leena dosa* which goes deep into the tissues which are facilitated by the *poorva karmas* like *swedana* and *snehana* [15]

The *panchakarma* itself was mentioned in *charaka* as *Vamana, Virechana, Niruha, Anuvasana, Nasya*. *Susrutha Acarya* and *Vagbhata Acarya* mention it as *Panchasodhana*. In the *Vranachikista Adhyaya* by

Acarya Susrutha Rakta Moksha also being mentioned as one of the *panchakarma* procedures.

Nasya is one of the *panchakarma* procedures in which the medicine in the form of oil, *swarasa*, *choorna* were administered through Nostrils reach *Murdha* passing through *Netra*, *Srotas*, and *Kanta* [16]. Divisions of *Nasya* as per *Charaka Acarya* are *Navana*, *Avapidana*, *Dhmapana*, *Dhupana*, *Pratimarsha*.

Mode of Action of Nasya as per Ayurvedic and Modern View

As per Ayurveda “*Nasahi Siraso Dwaram*”. While explaining about the treatment for the *upadravas* arising out of improper administration of *Nasya karma*, *Susrutha Acarya* had mentioned *Mastulunga Srava*, so direct relation of Nasal pathway to Brain was already being known to our *Acaryas*.

Drugs through Nasal Route reaches *Sringataka Marma* and then it spreads through the *siras* of Nose, Ear, Tongue.

Modern View:

From the porous endothelial membrane, which is highly vascularized, there will be rapid absorption of Drugs to the systemic circulation, where no metabolism by GIT is needed. It will bypass the Blood-Brain barrier allowing direct drug delivery [17].

Vascular Pathway:

Rich plexuses of vessels so can easily communicate with the intracranial circulation as facial veins are valveless.

Neurological:

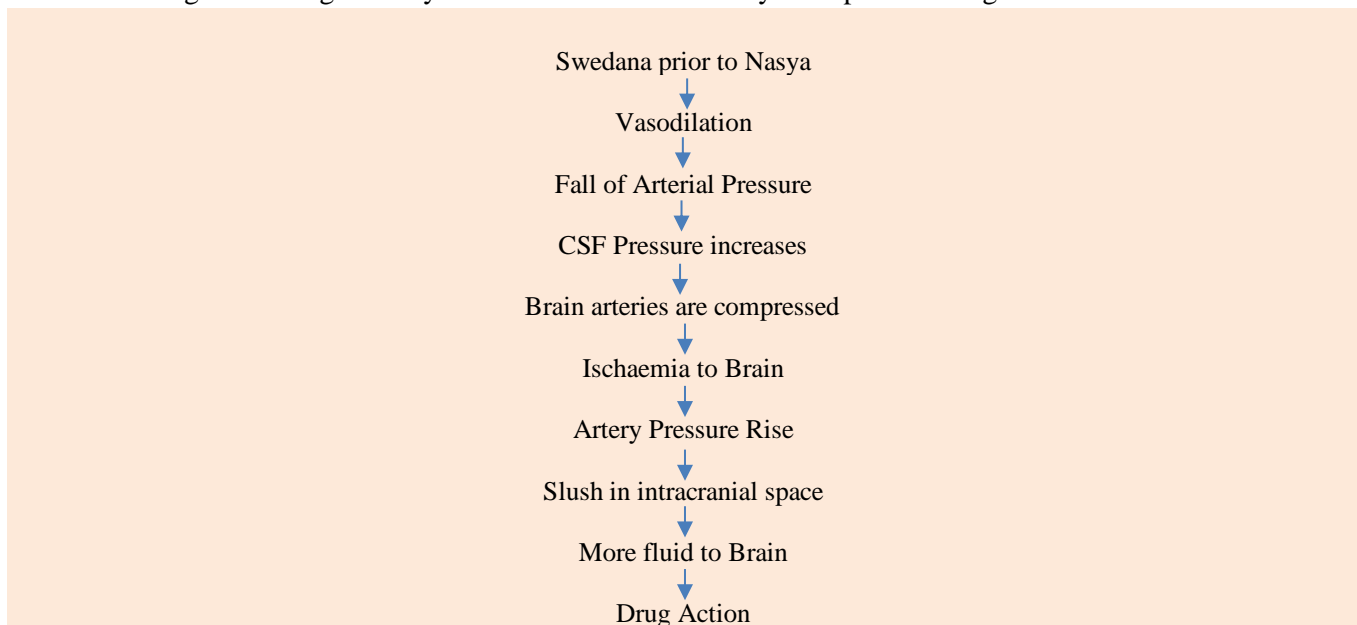
The olfactory nerve has a connection with the limbic system and hypothalamus which are having control of Endocrine secretions which is having a triggering action on the Pituitary.

Lymphatic Pathway:

Here in this pathway drugs can directly reach CSF [18].

Normal menstruation requires the maintenance of pulsatile release of GnRH within a critical range of frequency and amplitude. The cells that produce GnRH originate from the Olfactory area. So, medicines that have a route of action through olfactory areas will have a profound influence on the release of GnRH hormones.

The specific posture of *Nasya* like lowering of the head, elevation of lower extremities, fomentation of the face seems to have an impact on the blood circulation of the head and face which may lower the Blood- Brain Barrier and make it possible for the easy absorption of drugs into the Brain tissue.



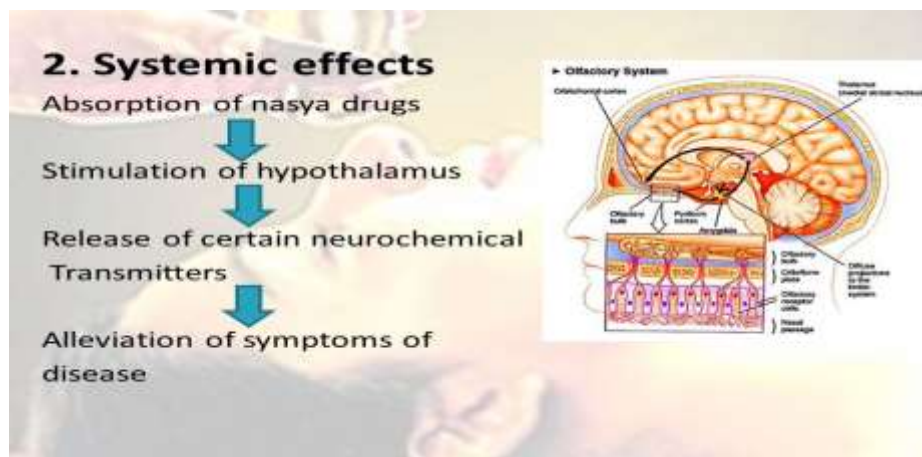


Fig No: 2 Mode of Action of Nasya

Probable Mode of Action of Nasya as per Ayurveda on Asrgdhara

According to *Acarya Kasyapa*, *Nasya Karma* just after Menstruation can cause *Sosana of Yoni*. [dryness due to less Estrogen], so we can say *Nasya* can cause a stage of less estrogen, which is the treatment modality to be followed in case of Menorrhagia due to hormonal imbalance^[19].

Role of Satapuspha:



Fig No: 3 Satapuspha

According to *kasyapa Samhitha* in *Satapuspha Satavari Kalpaadhyaya*, *Acarya Kashyapa* described *Satapuspha* as having the following properties.

Ushna Guna, Rtu pravartini. Used in disease conditions like *Alpa artava, Anartava, Kastaartava, Atyartava*.

Satapuspha has Phytoestrogens which have a mixed estrogenic and anti-estrogenic action. They act both as an Oestrogen agonist and antagonist. They inhibit the enzymatic conversion of endogenous estrogen into Estradiol and possess intrinsic oestrogenic activity.^[20]

According to *Acarya Kasyapa*, *Satapuspha* can be administered as *Pana, Nasya and Basti*^[21].

DISCUSSION

Nasya one of the *Panchakarma* procedures will be effective in conditions like Menorrhagia caused due to hormonal imbalance. Medicines applied through *Nasya* will have a direct effect on Hypothalamo-Pituitary -Ovarian Axis. *Thikta Rasa* of *Satapuspha* can cause *Rakta sodhan*, *Ushna Virya* act as *Vata Samanka*, *Madhura Rasa* act as *Balya*. The phytoestrogens present in *Satapuspha* will have a promising action against Menorrhagia due to Hormonal imbalance.

CONCLUSION

Heavy Menstrual Bleeding or *Asrgdhara* is one of the common gynecological complaints physicians may encounter in their clinical practice. Different formulations and treatment modalities are being described in the context of *Asrgdhara*. Among them, the role of *Nasya* is to be highlighted especially due to its quick action on the targeted cells.

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